

Muscular endurance is very important for people involved in manual trades



Muscular Endurance

Muscular endurance is the ability of a muscle to do continuous work over a long period of time

MUSCULAR ENDURANCE - THE FACTS

What is muscular endurance?

Muscular endurance is determined by how well your slow twitch muscle fibres are developed.

There are generally two types of muscle fibres in your body, slow twitch and fast twitch. Slow twitch muscle fibres cannot exert as much force as fast twitch, but can sustain an effort over a much greater period of time. Fast twitch muscle fibres can exert a great amount of force but for a very limited amount of time. Therefore, slow twitch equals endurance, while fast twitch equals strength.

It is important to pay attention to muscular endurance if you are involved in any sort of physical activity that lasts for quite a while.

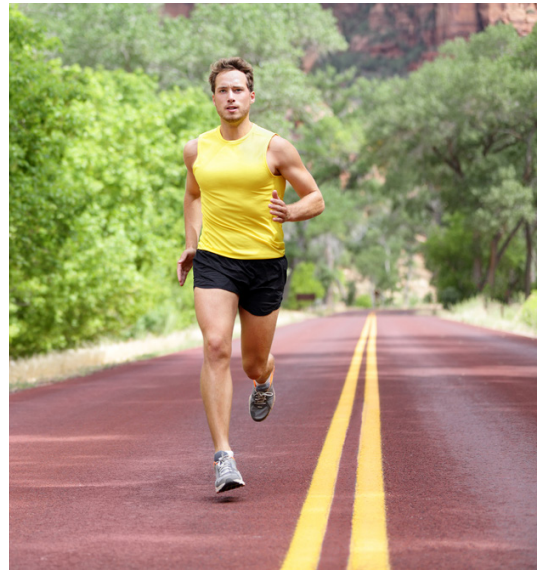
Muscular endurance program

Day 1	Treadmill 15 - 20 min light jog to run Rowing machine 15 - 20 min quick pace Pushups 3 sets of max reps
Day 2	Bike 15 - 20 min medium to fast pace Chinups 3 sets of max reps Step machine 15 - 20 min - quick pace
Day 3	Treadmill 15 - 20 min light jog to run Skipping Rope 10 - 15 min fast pace Tricep Dips 3 sets of max reps

Note that this programme is meant to be spread out over a period of a week.

How to make improvements

If you are looking to improve muscular endurance, the best way would be to involve yourself in just about any cardiovascular activity, such as running, biking, and playing sports.



Even walking will help you stay healthy and condition your leg muscles, to a point. If you are looking to improve the endurance of your upper body, bodyweight exercises such as chin-ups, push-ups, triceps dips, etc. will improve this, and your strength as well.

Drinking plenty of water and a healthy diet will also supplement your exercise programme.